

## Overview

In Utah, unintentional injury is the leading cause of death for residents ages 1- 44, and injuries that don't kill often leave victims permanently impaired. Intentional injuries such as rape and domestic violence tear at the fabric of every community. Cities and towns that choose the Safety category will be rewarded for their efforts with improvement in quality of life for residents of all ages.

Cities vying for a Healthy Community award have many options, including adopting bike-board-blade helmet laws, creating more bike lanes and lowering speed limits in neighborhoods. They can also help victims of domestic violence and sexual assault find resources, or design their own injury prevention programs.

## Policy

- Policy encouraging bike-board-blade helmets for all users
- Ordinance requiring helmets at skate parks
- Policy that works toward all sidewalks & crosswalks meeting Americans with Disabilities Act requirements (ADA)
- Policy requiring sidewalks to be cleared of snow and vegetation
- Policy that sets speed limit at 25 mph or less in residential areas
- Policy encouraging safe use of motorized scooters
- Policy requiring the availability of domestic violence and/or rape & sexual assault victim services

## Infrastructure

- Existence of bike lanes
- Existence of domestic violence and/or rape & sexual assault hotline
- Existence of injury prevention program
- Local safety coalition with safety planners, city/town traffic safety representatives & local health department staff
- Traffic safety laws will be actively enforced
- Where applicable, utilize focus groups to test coalition's recommendations

- Signage at bike-board-blade parks promoting use of protective gear
- Specified location for child passenger safety inspections and booster seat education

## Outcomes

- Increase in number of bike lanes
- Increase percentage of adults & youth observed using bike-board-blade helmets
- Decrease in motor vehicle crashes & related crash injuries/deaths
- Increase percentage of observed child safety seat use
- Increase in number of residents aware of domestic violence and/or rape & sexual assault hotline phone number & services

## Events/Ideas

### Safety Events

- Community Car Seat Checks
- Community Bike Safety Events for adults and youth
- Green Ribbon Month
- Walk to School Day
- National Bike Month
- Community Pedestrian Safety Events
- Community Seat Belt promotion events
- Speed trailers placed in community
- High school seat belt competitions
- Safe Kids Week
- Child Passenger Safety Week

### Bike Lanes

- Bike lanes should be a minimum of 5 feet wide. These lanes:
  - > Creates a clear statement that cyclists are welcome
  - > Help keep parked cars nearer the edge of the road
  - > Keep moving cars closer to the center of the road - good for people getting in and out of parked cars and good for cyclists (as long as they can avoid the car doors)
  - > Invite use by cyclists which should serve as traffic calming
  - > Lane stripes indicate that cyclists belong on the street.

## **Helmets**

Head injury is the leading cause of death in bicycle crashes, and helmets are the single most effective safety device to reduce head injury and death. Bicycle helmets can reduce the risk of head injury and brain injury by 85%-90%.

## **Speeding**

The risk of a pedestrian dying or being seriously injured in a collision rises rapidly with increasing speeds. According to the U.S. Department of Transportation, 5% of pedestrians struck by a vehicle traveling 20 mph will die, 40% of pedestrians struck by a vehicle traveling 30 mph will die, 80% of pedestrians struck by a vehicle traveling 40 mph will die, and 99% of pedestrians struck by a vehicle traveling 50 mph will die.

## **Sidewalks**

Sidewalks are the portion of the public right-of-way that provide a separated area for people traveling on foot. Sidewalks that are safe, accessible, and aesthetically pleasing attract pedestrians. It is a public responsibility to provide a safe, secure, and comfortable system for all people who walk. Sidewalks are associated with significant reductions in pedestrian collisions with motor vehicles. Sidewalks should be part of every new and renovated facility and every effort should be made to retrofit streets that currently do not have sidewalks.

The Institute of Transportation Engineers (ITE) guidelines recommend a minimum width of 5 feet for a sidewalk, which allows two people to pass comfortably or to walk side-by-side. Wider sidewalks should be installed near schools, at transit stops, in downtown areas, or anywhere high concentrations of pedestrians exist. Sidewalks should be continuous along both sides of a street and sidewalks should be fully accessible to all pedestrians, including those in wheelchairs.

A buffer zone of 4 to 6 feet is desirable and should be provided to separate pedestrians from the street. The buffer zone will vary according to the street type. In downtown or commercial districts, a street furniture zone is usually appropriate. Parked cars and/or bicycle lanes can provide an acceptable buffer zone. In more suburban or rural areas, a landscape strip is generally most suitable. Careful planning of sidewalks is critical to the safety and mobility of residents.

## **Child Safety Seats**

Motor vehicle crashes are still the number one cause of death for ages 1 to 34. Child safety seats, when used properly, can reduce the risk of death and injury by 70%. In Utah, over 90% of child restraints are improperly installed. Education on proper installation can reduce the misuse rate, and keep kids safe!

## Safety Coalitions/Contacts

District	Agency	City	Contact Title	Contact Name	Phone	E-mail Address
Utah State	Utah Safe Kids Coalition	Salt Lake City	Coalition Coordinator	Rachel Smith	(801) 538-6852	rachelsmith@utah.gov
Bear River	Local Health Department	Bear River	Injury Prevention Coordinator,	Todd Barsen	(435) 792-6511	tbarsen@utah.gov
Southeast	Local Health Department	Moab/Price	Bear River SAFE KIDS Injury Prevention Coordinator,	Georgina Nowak	(435) 637-3671	gnowak@utah.gov
Central Utah	Utah Highway Patrol	Richfield	Carbon/Emery SAFE KIDS Central Utah SAFE KIDS	Terry Smith	(435) 896-2780	terrysmith1@utah.gov
Davis	Local Health Department	Farmington	Injury Prevention Coordinator,	Teresa Smith	(801) 451-3586	teresaj@co.davis.ut.us
Great Basin	Utah Highway Patrol	Fillmore	Davis County SAFE KIDS Great Basin SAFE KIDS	Dean Shields	(435) 743-6530	kshields@crystalpeaks.com
Salt Lake County	Local Health Department	Salt Lake City	Injury Prevention Coordinator,	Andrea Richardson	(801) 313-6607	arichardson@co.slc.ut.us
Southern Utah	Local Health Department	St. George	Salt Lake County SAFE KIDS Injury Prevention Coordinator,	Marylyn Goudy	(435) 986-2562	mgoudy@utah.gov
Summit County	Local Health Department	Park City	Southern Utah SAFE KIDS Injury Prevention Coordinator,	Geri Essen	(435) 615-3912	gessen@utah.gov
Tooele County	Local Health Department	Tooele	Summit County SAFE KIDS Injury Prevention Coordinator	Brenda Nelson	(435) 843-2338	bnelson@utah.gov
TriCounty	Local Health Department	Vernal	Injury Prevention Coordinator,	Toni Fenn Bolton	(435) 781-5471	tfenn@utah.gov
Utah County	Local Health Department	Provo	TriCounty SAFE KIDS Injury Prevention Coordinator,	Bonnie Hargreaves	(801) 370-8735	uchlth.bonniem@state.ut.us
Wasatch County	Local Health Department	Heber	Utah County SAFE KIDS Injury Prevention Coordinator,	Amber Peterson	(435) 657-3259	ageorge@utah.gov
Weber/Morgan	Local Health Department	Ogden	Wasatch County SAFE KIDS Injury Prevention Coordinator,	Jann Fawcett	(801) 399-8165	jfawcett@co.weber.ut.us
Utah State	AAA	Salt Lake City	Weber/Morgan SAFE KIDS Coalition for Utah Traffic Safety	Rolayne Fairclough	(801) 364-5615x365	Rolayne_Fairclough@ssa.com
Utah State	UT Dept of Transportation Traffic & Pedestrian Safety Coordinating Council	Salt Lake City		Robert Hull	(801) 965-4273	rhull@utah.gov
Utah State	Utah Safety Council	Salt Lake City		Brandee Sommer	(801) 262-5400x303	bsommer@utahsafetycouncil.org

## Rape and Sexual Assault

In Utah, it is estimated that a rape occurs once every 11 hours. The incidence of rape has nearly doubled during the past decade. The Federal Bureau of Investigation has estimated that only 16% of rapes are reported to law enforcement. Based on that estimate, over 6,000 forcible rapes will occur in Utah a year. According to Uniform Crime Report data on forcible rape, Utah's rape rate has been higher than the U.S. rate during the past decade. Utah's rate is the 14th highest in the nation – higher than the rates of New York, Washington D.C., and California.

Rape is a crime of violence. Sexual violence impacts everyone – women, children, men, and people of all ages, races, and backgrounds. It devastates families and destroys lives.

Victims of rape often manifest long-term health problems, including: chronic headaches, fatigue, sleep disturbances, recurrent nausea, decreased appetite, eating disorders, menstrual pain, sexual dysfunction, and suicide attempts.

Results of a National Crime Victimization Survey indicated that assailants known to the victim committed 92% of rapes, friends and acquaintances committed approximately half, and intimate partners committed 26%. Victims of rape and sexual assault include males and females of all ages. However, adolescent and young adult women are the most frequent victims.

## Domestic Violence

Each year, an estimated 40,000 Utah women are physically assaulted by an intimate partner and 194,000 women are subjected to emotional abuse. On average, 11 Utah women die each year from intimate partner violence. From 1994 to 1999, 50% of deaths among Utah women age 15 and older were due to violence by their current or former intimate partner. Intimate partner abuse is a serious public health problem affecting women, children, families and the community. According to the National Violence Against Women Survey,

violence against women is primarily due to intimate partner violence. In the U.S., a current or former husband, cohabiting partner, or date assaulted 76% of women who were raped and/or physically assaulted since age 18. Approximately 1.5 million women are raped and/or physically assaulted by an intimate partner annually in the U.S. Non-lethal intimate partner violence results in financial losses to female victims that are estimated to be \$150 million per year. Medical expenses account for at least 40% of these costs, property losses for another 44%, and lost wages for the remainder. Every year domestic violence results in almost 100,000 days of hospitalizations, almost 30,000 emergency department visits and almost 40,000 visits to a physician.

## Utah Local Domestic Violence Coalitions/Contacts

County	Agency	City	Contact Name	Phone #	E-Mail Address
Salt Lake	South Valley Sanctuary	West Jordan	Patricia Merkley	(801) 255-1095	pmerkley@southvalley-sanctuary.com
Tooele	Zions Bank	Tooele	Dawn Sacre	(435) 882-6344	sacre616@msn.com
Beaver	Beaver	Panguitch	Janice Weber	(435) 438-5309	janicew@email.utcourts.gov
Garfield	DCFS	Enoch	Garry Holbrook	(435) 676-8867 ext122	gholbroo@utah.gov
Iron		Kanab	Kay Ayers	(435) 867-0377	kjayers@infowest.com
Kane	Kane County Sheriff's Office	Manti	Sandy Kerr, Co-Chair	(435) 644-4989	kaneccovs@hotmail.com
Sanpete	DCFS	Richfield	Marti Bown, Acting Chair	(435) 835-0792	mbown@utah.gov
Trinity, Sevier,		St. George	Trish Bumgardner	(435) 896-9294	trishb@airzip.net
Piute & Wayne	New Horizons Crisis Center	St. George	Dave Markel	(435) 986-8585	powerdwm@msn.com
Washington	Defense For Life	Park City	Greg Loebel, Co-chair	(435) 656-8336	ruth@DPTF.org
Summit	Peace House	Nephi	Ruth Quintal, Exec. Director	(435) 623-1685	lisac@email.utcourts.gov
Juab	DCFS	Provo	Heather Andelin	(801) 374-7611	valynPace@utah.gov
Millard	DCFS	Brigham City	Lynn Robertson	(435) 657-3300	Lrobertson@co.wasatch.ut.us
Utah	YCU	Brigham City	Cindy Lorrigan, Co-chair	(435) 723-5600	ywcaba@xmission.com
Wasatch					
Box Elder	Bear River Health Dept.	Brigham City	Courtney Henrie, Co-chair	(435) 257-3318	ljageri@utah.gov
Box Elder	Alcohol & Drug Counseling	Logan	Lynn Jaggi	(435) 787-3417	mcorbin@laytoncity.org
Cache & Rich	DCFS	Layton	Marlesse Corbin, Chair	(801) 546-8539	yccdv@aol.com
Davis	Layton Victim Services	Ogden	Sheila Richins	(801) 392-7273	dkobe@co.carbon.ut.us
Weber	YCC	Price	Debby Kobe, Co-chair	(435) 636-3251	Ktanderson@utah.gov
Carbon	Carbon Co. Sheriff's Office	Castle Dale	Kathy Anderson, Acting Chair	(435) 381-4743	cgordon@grand.state.ut.us
Emery	DCFS	Moab	Cindy Gordon	(435) 259-1384	omacdona@utah.gov
Grand	DCFS	Blanding	Odyne MacDonald	(435) 678-1479	
San Juan	DCFS	Roosevelt	John Gardner	(435) 722-5164	jgardner@ubtanet.co
Uintah, Duchesne					
& Daggett	The Children's Justice Center				

### Utah Rape Crisis Programs

District Served	Agency	City Location	Phone	Services
Bear River	YWCA	Brigham City	(435) 723-5600	Crisis Line, Hospital Response Team, Individual Crisis Counseling
SouthWest	Canyon Creek Women's Crisis Center	Cedar City	(435) 867-6149	Crisis Line, Hospital Response Team, Individual Crisis Counseling, Support Groups
Davis County	SafeHarbor		(801) 444-9161	Crisis Line, Individual Crisis Counseling
Cache, Rich County	Community Abuse Prevention Services Agency (CAPSA)	Logan	(435) 753-2500	<a href="http://www.capsa.org">www.capsa.org</a> Crisis Line, Hospital Response Team, Individual Crisis Counseling, Support Groups
Southeast	Seekhaven	Moab	(435) 259-2229	Crisis Line, Individual Crisis Counseling, Support Groups
Weber-Morgan	Your Community Connection (YCC)	Ogden	(801) 392-7273	Crisis Line, Hospital Response Team, Individual Crisis Counseling, Support Groups
Summit	Summit County Victim Advocate Program	Park City	(435) 615-3850	Crisis Line, Hospital Response Team, Court Advocacy
Utah, Wasatch, Carbon, & Juab County	Center for Women and Children in Crisis (CW/CIC)	Provo	(801) 377-5500	<a href="http://www.cwctc.org">www.cwctc.org</a> Crisis Line, Hospital Response Team, Support Groups
Central	New Horizons Crisis Center	Richfield	(435) 896-9294	<a href="http://www.newhorizonscrisiscenter.com">www.newhorizonscrisiscenter.com</a> Crisis Line, Hospital Response Team, Individual Crisis Counseling, Support Groups
SouthWest	Dove Center	St. George	(435) 628-0458	Crisis Line, Mobile Team/Hospital Response Team
Salt Lake, Tooele	Rape Recovery Center	Salt Lake City	(801) 467-7273	<a href="http://www.raperecoverycenter.com">www.raperecoverycenter.com</a> Crisis Line, Hospital Response Team, Individual Crisis Counseling, Support Groups
Tri-County	Vernal Victim Advocacy	Vernal	(435) 789-4250	<a href="http://www.angelfire.com/ut/victimadvocate/">www.angelfire.com/ut/victimadvocate/</a> Crisis Line, Hospital response team



## Utah Utah Domestic Violence Shelter Directory

District	Agency	City	Contact Name	Phone	Email Address
San Juan County	Gentle Ironhawk Shelter (in process)	Blanding	Kristine Spackman	(435) 678-2445	gentleironhawkshelter@frontiernet.net
Bear River	Your Community in Unity of Box Elder County	Brigham City	Cindy Lorrigan	(435) 723-5600	cindylorrigan@hotmail.com
SouthWest	Canyon Creek Women's Crisis Center	Cedar City	Anne Yero	(435) 867-9411	ccwcc@accesswest.com
Davis	SHELTER Safe Harbor Community Abuse Prevention	Davis County	Kay Card	(435) 865-7443	kaycard@xmission.com
Bear River	Services Agency (CAPSA)	Logan	Kathryn Monson	(435) 753-2500	Kathryn@capsa.org
Southeast	Seekhaven	Moab	Stephanie Dahlstrom	(435) 259-2229	sdsseekhaven@citlink.net
Weber-Morgan	YCC of Ogden/Northern Utah	Ogden	Sheila Richins	(801) 394-9456	yccdva@aol.com
Summit	Peace House	Park City	Ruth Quintal	(435) 647-9161	ruth@DPTF.org
Southeast	Colleen Quigley Women's Center	Price	Kerry Welch	(435) 636-2375	kwelch@utah.gov
Utah	Center for Women and Children in Crisis	Provo	Dennis Hansen	(801) 374-9351	dahansen@xmission.com
Central	New Horizons Crisis Center	Richfield	Caron Withers	(435) 896-9294	cwithers@airzip.net
Salt Lake	YWCA Women in Jeopardy	Salt Lake City	Asha Parekh	(801) 537-8600	aparekh@ywca.com
Southwest	D.O.V.E. Center	St. George		(435) 6281204	
Tooele	Pathways	Tooele		(435) 843-1645	
TriCounty	Women's Crisis Shelter	Vernal	Teresa Anderson	(435) 781-2264	teresaanderson@utah.gov
Salt Lake	South Valley Sanctuary	West Jordan	Patricia Merkle	(801) 255-1095	pmerkle@southvalleysanctuary.com

## Safety Web Sites

Name of Web Site	Web Site Address
Bicycle Information Center	<a href="http://www.bicyclinginfo.org">www.bicyclinginfo.org</a>
Bicycle Helmet Safety Institute	<a href="http://www.bhsi.org">www.bhsi.org</a>
National Safe Kids Campaign	<a href="http://www.safekids.org">www.safekids.org</a>
Pedestrian Information Center	<a href="http://www.walkinginfo.org">www.walkinginfo.org</a>
Utah Department of Public Safety, Utah Highway Safety Office	<a href="http://highwaysafety.utah.gov">http://highwaysafety.utah.gov</a>
Violence and Injury Prevention Program, Utah Department of Health	<a href="http://www.health.utah.gov/cfhs/he/vipp">www.health.utah.gov/cfhs/he/vipp</a>